



100MeilenBerlin - Der Mauerweglauf

Berlin / 20.08.2011-21.08.2011

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Düring, Volker

□□: LG Nord Berlin Ultrateam

□□: 97

□□: 160.90 km

100MeilenBerlin

□□□□:

Gesamt

□□□: 23:06:05

□□: 6.93 km/h

□□□□: 8:37 min/km

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□□□□□□: 16:22:17

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Klein-Ziethener-V	22.20	2:18:46	6:15	27	20:25	27	20:25	22.20	2:18:46	6:15	67	-	67	
Osdorfer Straße	20.40	2:07:21	6:14	22	22:21	22	22:21	42.60	4:26:07	6:14	77	-	77	
Bahnhof Griebnit	19.70	2:14:52	6:50	16	43:05	16	43:05	62.30	6:40:59	6:26	76	-	76	
Kladower Straße	20.30	2:36:53	7:43	23	36:09	23	36:09	82.60	9:17:52	6:45	72	-	72	
Gartenlaube	10.20	1:14:48	7:20	15	12:23	15	12:23	92.80	10:32:40	6:49	74	-	74	
Lauftreff Schönw	12.50	1:39:34	7:57	13	21:52	13	21:52	105.30	12:12:14	6:57	75	-	75	
Ruderclub Oberh	12.30	1:50:28	8:58	30	1:11:20	30	1:11:20	117.60	14:02:42	7:09	76	-	76	
Hattwichstraße	15.40	3:00:01	11:41	42	2:20:53	42	2:20:53	133.00	17:02:43	7:41	71	17:02:43	71	17:02:43
Gedenkstätte	19.50	4:03:24	12:28	69	3:24:16	69	3:24:16	152.50	21:06:07	8:18	78	21:06:07	78	21:06:07
Stadion Lobeckst	8.40	1:59:58	14:16	64	1:00:45	64	1:00:45	160.90	23:06:05	8:36	28	6:43:48	28	6:43:48